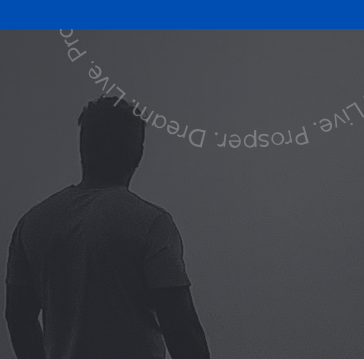




# LIFE ASSESSMENT

This is your opportunity to assess all aspects of your life. Be honest with yourself, and use this opportunity find areas to improve and set big goals.



## FAMILY

SCORE

I spend at least 10 hours of focused time with my family each week.	
I am actively engaged in learning how to be a better spouse, parent, and/or son/daughter	
I actively look for ways to support and help advance the success of my family	
I take complete responsibility for all relationship conflicts when they arise.	
I recognize when I need support and am continually seeking help.	
I am 100% honest and open with all those I live and work with.	
I easily trust those I live and work with.	
I know what makes my significant other happy and fulfilled	
I spend quality 1-on-1 time consistently with my family members	
I know the dreams and goals of my family members, and am engaged helping them achieve them	
Total Score:	

## FRIENDS

SCORE

I get together with friends at least once a week.	
There is no one in my life that I haven't completely forgiven.	
I actively look for ways to support and help advance the success of my friends	
I am actively engaged in learning how to be a better friend	
It is easy for me to commit to others and honor those commitments.	
I take complete responsibility for all relationship conflicts when they arise.	
I easily trust those I spend time with	
I recognize when I need support and am continually seeking help.	
I show appreciation actively to my friends	
I have at least 3 close friends I trust with my life and can speak openly and honestly with about anything	
Total Score:	

## FITNESS & HEALTH

SCORE

I do physical workout/strength training at least 3x a week.	
I do cardiovascular exercise at least 3x a week.	
I do stretching and/or yoga type exercise at least 2x a week.	
During a typical day, I watch no more than 1.5 hours of TV/surf social media.	
I eat a clean diet with low carbs, sugars, and processed foods.	
I am in the physical condition that I want to be in.	
I spend time outside for at least 30 minutes a day, every day.	
I have undisturbed sleep for at least 7 hours each night.	
I walk at least 10,000 steps per day.	
I drink at least 8 glasses of water per day.	
Total Score:	

## FREEDOM & CAREER

SCORE

I plan out my day, the day before.	
My goals are written, prominently displayed, and regularly reviewed.	
I love what I do and enjoy getting up every day to do my job.	
I am continually filled with feelings of accomplishment and satisfaction from my work.	
I am constantly improving my professional strengths and weaknesses.	
If I could, I would still do my job without pay	
I am home with my family on time every day.	
My current business/job has the realistic potential of accomplishing all my professional goals for the next 10 years.	
My current business/job has the realistic potential of providing me the freedom to work as long as I want and to live a prosperous life while providing a legacy for my loved ones.	
My current business/job gives me a feeling of significance as it makes a positive difference in the lives of others.	
Total Score:	

## FAITH & SPIRITUAL

SCORE

I consider myself a spiritual person.	
I take at least 20 minutes each day to meditate or pray.	
Others who experience me would consider me a spiritual person.	
I have a personal relationship with my spiritual source.	
I study my spiritual beliefs daily.	
I practice my spiritual beliefs daily.	
I attend a place of worship weekly.	
I live completely in accordance to my spiritual beliefs.	
I consistently use my spirituality to help resolve my problems.	
I consistently use my spirituality to help others.	
Total Score:	

## FINANCIAL

SCORE

I have a completely detailed budget and unfailingly stick to it.	
I have a clear financial plan & portfolio allocation strategy.	
I save/invest at least 10% of my income every month.	
I am credit card debt-free.	
I have a dedicated six-month reserve account completely funded and set aside.	
I feel that I am compensated completely according to my worth.	
I have an updated and complete last will and testament as apart of my Legacy Plan.	
I have the needed insurance and financial plan in place for my family should something happen to me.	
I have a detailed retirement plan that will accommodate exactly what I need to live as I desire after retirement and for the rest of my life.	
I live well below my means and do not spend money imprudently.	
Total Score:	

## FULFILLMENT

SCORE

I read or listen to something instructional or inspirational for at least 30 minutes each day.	
I have dedicated & focused think time at least 1 hour each week.	
I stay completely current with my industry news.	
I seek knowledge to improve myself each and every day.	
I have a mentor or coach whom I trust.	
All my friends are a positive influence in my life.	
I never engage in gossip.	
I review my major goals every day.	
I review what I am grateful for every day.	
I minimize time spent listening to or reading about "news" to under 15 minutes per day.	
Total Score:	

## FUN

SCORE

I have hobbies outside of work that I enjoy and take part in at least 3 times a week.	
I always say no to requests or obligations that don't fit my core values or objectives.	
I vacation at least once a year with limited work communications.	
I spend as much time as I want with my family.	
I spend as much time as I want with my friends.	
I am constantly seeking adventure, trying something new and creating diverse experiences.	
I feel like there is enough time in the day to do what I both need and want to do.	
I live life to the fullest every day.	
I take time out to daydream every day.	
I am completely present in every moment of every day.	
Total Score:	



# GOAL DESIGNING

Small, simple actions can turn your dreams and aspirations into reality.  
It's time to record your goals in the 8 main areas of life.



Live. Prosper. Dream. Live. Pro

## FAMILY

1	5
2	6
3	7
4	8

## FRIENDS

1	5
2	6
3	7
4	8

## FITNESS & HEALTH

1	5
2	6
3	7
4	8

## FREEDOM & CAREER

1	5
2	6
3	7
4	8

## FAITH & SPIRITUALITY

1	5
2	6
3	7
4	8

## FINANCIAL

1	5
2	6
3	7
4	8

## FULFILLMENT

1	5
2	6
3	7
4	8

## FUN

1	5
2	6
3	7
4	8